

MEN'S HEALTH CHECKLIST

DO WHAT YOU DO BEST. BE A MAN. BE HEALTHY.



ABCS of Heart Disease and Stroke

A = Aspirin Use Ask your provider about taking:

- One baby aspirin (81 mg) every day
- One regular aspirin (325 mg) every other day

B = Blood Pressure Treatment and Control BP < 120/80

- Consume only 2300 mg sodium daily

C = Cholesterol Ask your provider about how often to check your cholesterol.

- Total Cholesterol < 200
- LDL (bad cholesterol) < 100

S = Smoking Cessation Research shows using a quitline with medication increases abstinence rates.

- Call 1-800-QUITNOW for more details or ask your provider.

STROKE - The FAST test is an easy way to recognize and remember the signs of stroke or a transient ischemic attack (TIA). Using the FAST test involves asking three simple questions.

FAST stands for:

F = Facial Weakness - Can the person smile; has his or her mouth or eyes drooped?

A = Arm Weakness - Can the person raise both arms; is one arm slightly lower?

S = Speech/Sight Difficulty - Can the person speak or see clearly and understand what you say?

T = Time to Act - Time loss is brain lost. **Call 9-1-1.**

MEN'S HEALTH CHECKLIST

DO WHAT YOU DO BEST. BE A MAN. BE HEALTHY.



ABCS of Heart Disease and Stroke

A = Aspirin Use Ask your provider about taking:

- One baby aspirin (81 mg) every day
- One regular aspirin (325 mg) every other day

B = Blood Pressure Treatment and Control BP < 120/80

- Consume only 2300 mg sodium daily

C = Cholesterol Ask your provider about how often to check your cholesterol.

- Total Cholesterol < 200
- LDL (bad cholesterol) < 100

S = Smoking Cessation Research shows using a quitline with medication increases abstinence rates.

- Call 1-800-QUITNOW for more details or ask your provider.

STROKE - The FAST test is an easy way to recognize and remember the signs of stroke or a transient ischemic attack (TIA). Using the FAST test involves asking three simple questions.

FAST stands for:

F = Facial Weakness - Can the person smile; has his or her mouth or eyes drooped?

A = Arm Weakness - Can the person raise both arms; is one arm slightly lower?

S = Speech/Sight Difficulty - Can the person speak or see clearly and understand what you say?

T = Time to Act - Time loss is brain lost. **Call 9-1-1.**

MEN'S HEALTH CHECKLIST

DO WHAT YOU DO BEST. BE A MAN. BE HEALTHY.



ABCS of Heart Disease and Stroke

A = Aspirin Use Ask your provider about taking:

- One baby aspirin (81 mg) every day
- One regular aspirin (325 mg) every other day

B = Blood Pressure Treatment and Control BP < 120/80

- Consume only 2300 mg sodium daily

C = Cholesterol Ask your provider about how often to check your cholesterol.

- Total Cholesterol < 200
- LDL (bad cholesterol) < 100

S = Smoking Cessation Research shows using a quitline with medication increases abstinence rates.

- Call 1-800-QUITNOW for more details or ask your provider.

STROKE - The FAST test is an easy way to recognize and remember the signs of stroke or a transient ischemic attack (TIA). Using the FAST test involves asking three simple questions.

FAST stands for:

F = Facial Weakness - Can the person smile; has his or her mouth or eyes drooped?

A = Arm Weakness - Can the person raise both arms; is one arm slightly lower?

S = Speech/Sight Difficulty - Can the person speak or see clearly and understand what you say?

T = Time to Act - Time loss is brain lost. **Call 9-1-1.**

CHECKUPS & SCREENINGS	WHEN	AGES		
		20-39	40-49	50+
PHYSICAL EXAM	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE	Every year	✓	✓	✓
BLOOD TESTS & URINALYSIS	Every 3 years Every 2 years Every year	✓	✓	✓
EKG: Electrocardiogram	Baseline Every 4 years Every 3 years	Age 30	✓	✓
TETANUS BOOSTER	Every 10 years	✓	✓	✓
PROSTATE	Discuss with a physician		*	✓
COLORECTAL CANCER • High sensitivity stool test (eg. FIT) • Sigmoidoscopy • Colonoscopy	Every year Every 5 years Every 10 years			✓
CHEST X-RAY:	Discuss with a physician		✓	✓
SELF-EXAMS: Testicle, Skin, Oral, Breast	Monthly by self	✓	✓	✓
BONE HEALTH	Discuss with a physician		Age 60	
TESTOSTERONE SCREENING	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs)	Under physician supervision	✓	Discuss	

CHECKUPS & SCREENINGS	WHEN	AGES		
		20-39	40-49	50+
PHYSICAL EXAM	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE	Every year	✓	✓	✓
BLOOD TESTS & URINALYSIS	Every 3 years Every 2 years Every year	✓	✓	✓
EKG: Electrocardiogram	Baseline Every 4 years Every 3 years	Age 30	✓	✓
TETANUS BOOSTER	Every 10 years	✓	✓	✓
PROSTATE	Discuss with a physician		*	✓
COLORECTAL CANCER • High sensitivity stool test (eg. FIT) • Sigmoidoscopy • Colonoscopy	Every year Every 5 years Every 10 years			✓
CHEST X-RAY:	Discuss with a physician		✓	✓
SELF-EXAMS: Testicle, Skin, Oral, Breast	Monthly by self	✓	✓	✓
BONE HEALTH	Discuss with a physician		Age 60	
TESTOSTERONE SCREENING	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs)	Under physician supervision	✓	Discuss	

CHECKUPS & SCREENINGS	WHEN	AGES		
		20-39	40-49	50+
PHYSICAL EXAM	Every 3 years Every 2 years Every year	✓	✓	✓
BLOOD PRESSURE	Every year	✓	✓	✓
BLOOD TESTS & URINALYSIS	Every 3 years Every 2 years Every year	✓	✓	✓
EKG: Electrocardiogram	Baseline Every 4 years Every 3 years	Age 30	✓	✓
TETANUS BOOSTER	Every 10 years	✓	✓	✓
PROSTATE	Discuss with a physician		*	✓
COLORECTAL CANCER • High sensitivity stool test (eg. FIT) • Sigmoidoscopy • Colonoscopy	Every year Every 5 years Every 10 years			✓
CHEST X-RAY:	Discuss with a physician		✓	✓
SELF-EXAMS: Testicle, Skin, Oral, Breast	Monthly by self	✓	✓	✓
BONE HEALTH	Discuss with a physician		Age 60	
TESTOSTERONE SCREENING	Discuss with a physician		✓	✓
SEXUALLY TRANSMITTED DISEASES (STDs)	Under physician supervision	✓	Discuss	

* African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

* African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.

* African-American men and men with a family history of prostate cancer may wish to begin prostate screening at age 40, or earlier.